

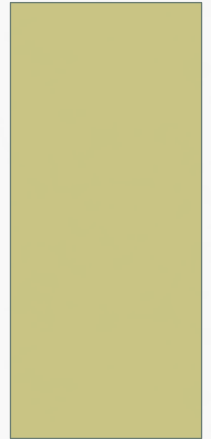
ELECTRONIC SMOKING DEVICES & HOOKAH: IMPLICATIONS FOR POLICY

Monica Mundy, MPH

Carol Riker, MSN, RN

Ellen J. Hahn, PhD, RN, FAAN

Kentucky Center for Smoke-free Policy
University of Kentucky, College of Nursing



Bridging Research Efforts and Advocacy
Toward Healthy Environments



E-SMOKING: HEALTH CONCERNS

- E-cigs pollute the air.
 - E-cigs create secondhand aerosol, a 'new air contamination source.'
 - The same **tiny particles and toxic gases** in secondhand smoke are also in e-cigarette aerosol.
 - These same tiny particles and toxic gases cause heart and lung disease, and cancer.
 - E-cig particles can reach concentrations almost as high as in Lexington before the smoke-free law.

Workers and patrons are exposed to secondhand aerosol from e-cigarettes used indoors.

E-SMOKING: HEALTH CONCERNS

- E-smoking gives off aerosol, not water vapor.
 - **propylene glycol** (lung and eye irritant);
 - **formaldehyde** and β -nicotyrine (cause cancer);
 - **metal** & silicate particles (toxic to human cells); and
 - **nicotine** (addictive; affects fetal development and may contribute to heart disease and cancer).
- Inhalation effects of almost 8,000 flavorants not studied extensively but may pose long-term health risk.
- E-cigs may encourage dual use vs. switching altogether.

SUPPORT FOR INCLUDING E-CIGS IN SMOKE-FREE LAWS

- E-cigarettes need to be regulated where smoking and/or tobacco use is prohibited.
 - American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)
 - World Health Organization (WHO)
 - American College of Occupational and Environmental Medicine
 - American Cancer Society Cancer Action Network (ACS CAN),
 - American Heart Association (AHA)
 - American Lung Association (ALA)
 - Americans for Non-Smoker's Rights (ANR)

E-CIGARETTES INCLUDED IN THESE 13 SMOKE-FREE ORDINANCES

1. Berea
2. Bardstown
3. Danville
4. Glasgow
5. Lexington-Fayette
6. Manchester
7. Morehead
8. Richmond
9. Versailles
10. Woodford County
11. Ashland
12. Pikeville
13. Hazard

HOOKAH SMOKING POLLUTES THE AIR

- A typical hour-long hookah smoking session is roughly the equivalent of smoking **100 conventional cigarettes**.
- A study in a Lexington Hookah lounge found particulate matter **3- 6 times higher** than the outdoor air standard.



HOOKAH AND SMOKE-FREE LAWS

- Hookah lounges are often included under the “tobacco retail establishment” exemption.
 - Currently 28 KY smoke-free laws exempt retail tobacco establishments allowing for hookah lounges
- Language can be included in the definition of smoking to prohibit hookah use.
 - Currently 6 KY smoke-free laws include a smoking definition that would cover hookah smoking

*Exempting Hookah lounges leaves
workers unprotected
from secondhand smoke!*

E-CIGARETTES AND HOOKAH ARE TOBACCO PRODUCTS

- Sottera Inc. v. Food & Drug Administration
- FDA Deeming Rule extends FDA regulatory jurisdiction to e-cigs, all cigars, hookah, and other products
 - Does not allow modified risk claims
 - List potentially harmful aerosol constituents
 - NO restrictions on flavorings, internet sales

The deeming rule does not protect workers from secondhand smoke or aerosol!

THE BOTTOM LINE

- Electronic smoking devices and hookah pollute the air.
- E-cigarettes and hookah are tobacco products and should be treated as such in smoke-free policies.
- Cover e-cigarettes and hookah in all smoke-free laws.
 - Use a broad definition of smoking that can adapt to future tobacco products.
 - Remove tobacco business exemptions
- Protect all workers from exposure to e-cigarette aerosol and hookah smoke.

ASK US!

Kentucky Center for Smoke-free Policy

BREATHE

www.breathe.uky.edu

kcsp00@lsv.uky.edu

859-323-4587

@kysmokefree

